



KIRKLAND SENIOR COUNCIL ACCOMPLISHMENTS 2010

A. VIAL OF LIFE

In 2010, the Kirkland Senior Council (KSC) continued its distribution of Vials of Life throughout Kirkland and the surrounding community. Vials of Life are packets that contain important medical and other information that can be easily accessed by EMTs to assist them in administering proper medical treatment during health emergencies. In 2010, the Evergreen Hospital Medical Center sponsored the program. In 2009 and 2010, the KSC distributed more than 2,000 Vials of Life. Vial packets are available in English, as well as in Spanish and Russian languages.

B. SENIORS ARE ARTISTS, TOO!

The *Seniors Are Artists, Too!* Art show celebrates the talents and activities of older adults in the community. Launched in 2009 to coincide with the June Kirkland Art/Jazz Walk, the event was held again in 2010. Merrill Gardens once again hosted the show in its lobby and provided refreshments, appetizers and live music. In 2010, the event drew over 40 resident artists who offered their photography, sculptures, paintings and quilts for the public to view. Attendees voted for their favorites and the first- and second-place ribbons were awarded in each category.

C. SUPPORT FOR KIRKLAND STEPPERS

The KSC is committed to encouraging and providing opportunities for adults aged 50+, and to taking an active role in seniors' continued good health, and teaching and creating a legacy of wellness and community spirit.

The Council supports the Kirkland Steppers walking program for older adults. In 2010, KSC members attended the Steppers Kick-Off event and presented each walker with a sports pack.

D. EMERGENCY PREPAREDNESS

Natural disasters and other emergencies can strike at any time. Older adults in our community can be especially at risk. In 2010, the Kirkland Senior Council reproduced and distributed fliers that they developed in 2009 to provide Kirkland residents (both old and young) with helpful emergency preparedness information. The fliers offer important tips on how to prepare for emergencies ranging from catastrophic environmental emergencies to checking in on homebound elderly neighbors to ensure that they have the prescriptions and other supplies that they need.

E. AFFORDABLE SENIOR HOUSING

The Kirkland Senior Council recognizes that affordable housing is a challenge for many Kirkland residents. The KSC gathered information about housing options for senior adults and organizations that pursue affordable senior housing. It had conversations with the BNOA Housing Committee and a representative of the Kirkland City Planning Department. KSC also established or renewed its liaison with the following housing-related organizations: A Regional Coalition for Housing (ARCH), St Andrews Housing Group (SAHG), Kirkland Interfaith Transitions in Housing (KITH), and the Eastside Homeless Advisory Committee (EHAC).

F. NEIGHBORHOOD & COMMUNITY INVOLVEMENT

The KSC strives to participate in neighborhood/community events and activities to ensure that the concerns of Kirkland's older adults are being addressed. Members attend Neighborhood Association meetings and other community events. In 2010, its members received orientation and training related to the Time Bank start-up and participated in the Peter Kirk Community Center Advisory Council, the City of Kirkland's Active Living Task force, Evergreen Healthcare Educational Fair, Overlake Hospital/Senior Care Home Is Where the Heart Is Fair, Emergency & Disaster Preparedness Fair, The Healthy Aging Annual Summit, Kirkland Karnival, the July 4th Parade, and the Kirkland and Juanita Farmers' Markets.

G. RELATIONSHIP WITH BELLEVUE'S NETWORK ON AGING

To give a broader voice advocating for the needs of older adults on the Eastside, the KSC continues to partner on projects with the Bellevue Network on Aging. The KSC attended many of Bellevue Network on Aging's monthly meetings and made it a priority to stay abreast of events and concerns that affect the Eastside's older population.

H. STATE LEGISLATIVE LOBBYING, COMMUNICATIONS

Kirkland Senior Council members keep abreast of legislative actions that may affect seniors. In February, KSC members traveled to Olympia to hear from and meet with state legislators during Senior Lobby Day. In November, the KSC, in conjunction with the Bellevue Network on Aging, held a legislative forum at the Bellevue City Hall that was attended by state legislators from the 41st, 45th and 48th districts.

The KSC also works closely with the Washington State AARP to disseminate information and analysis regarding issues that concern area seniors.

I. SENIOR CONFERENCES

KSC members stay informed about the many topics that interest seniors. In 2010, they attended the Healthy Aging Annual Summit, the Washington State Senior Citizens' fall conference, Elder Economic Security Initiative, as well as other events and seminars related to senior issues.

J. WORK WITH OTHER CITIES

It is a goal of the Kirkland Senior Council to serve as a source of information and support to members of other communities on the eastside that are interested in the needs and interests of older adults and/or forming their own senior councils. The Council participates in the Eastside Human Services Forum (EHSF), which is dedicated to fostering strong public and private partnerships and assuring a stable network of health and human services for the benefit of all East King County residents. In June, The KSC took part in the EHSF's Eastside Dialogue on Senior Adults. The event allowed representatives from many area cities including Mercer Island, Bothell, Issaquah, Redmond, Snoqualmie and Puyallup's Aging in Place group.

K. TRANSPORTATION PROGRAMS

In 2010, the Kirkland City Council continued to work to identify transportation options for older adults. Current options include:

- Hopelink. Provides funding to develop transportation programs. Its Bus Buddy Program teaches new riders how to navigate the bus system in the City. The Travel Ambassador program educates service providers on how to best meet their clients' transportation needs.
- The Eastside Easy Rider Collaborative (EERC). A group of service agencies and other organizations that are exploring ways to partner in planning, funding and implementing transportation programs for older adult residents on the Eastside.

L. WEBSITE

The KSC maintains a webpage on the City of Kirkland's website that provides information about the KSC's projects, ongoing activities and special events geared to the needs and concerns of older adults. The Council views its webpage as a valuable communication link between the Council and older adults and their families who live in Kirkland.

M. VIDEO MATERIALS

To raise community awareness on a variety of topics and issues, the KSC produces and distributes a variety of educational video programs which air locally on Klife (channel 75) and can be seen online at www.kirkland.wa.gov.

In 2010, the Council completed production of *Falling into Fitness*, a falls prevention video that follows Wilhelmina, an older woman who works to become physically fit and healthy after suffering a home fall.

Previous KSC and City of Kirkland videos include award-winning titles:

- *Abuse: Elder Neglect & Self Neglect*, which was honored with national Silver and Bronze Telly Awards and the Video Award of Excellence from Pegasus
- *Excel as a Pedestrian*, which received the national Video Award of Excellence from Pegasus
- *Aging in Place: Universal Design Standards*
- *SWAY: How to Influence Your Elected Officials*